



Simply Healthy

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YMCA	716-6260
Coops	222-4653
9 Round	226-1633
Rec Center	231-2232
Gold's Gym	225-4653

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Balancing Life

How to Be More Productive and Balanced:

Cut Down on Virtual Clutter

How? Set designated times to log in to email and social media. Aim to check once midmorning and once midafternoon.

Tackle Small Chores Right Away

How? Ask yourself how long it will take to complete each task you come across—whether it's pulling laundry out of the dryer or replying to email from your boss. If it will take two minutes or less, do it now. You will have plenty of head space to devote to the more complicated items on your to do list.

Break To-Dos Into Actionable Steps

How?: If you need to get a project done, list every step that it will take. This way you will begin thinking how to begin the project and you will be more productive and quicker to solve.



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."

What's the Cost?

- Jump Rope \$5
- Resistance band \$10
- Dumbbells \$16
- Stability Ball \$10
- Yoga Strap \$4

Yoga Basics

Tree Pose

Stand with your feet underneath your hips. Focus your gaze straight ahead. Square your hips to the front. Press your palms together at your sternum.

This will help you balance.

Press the sole of your foot into the inner part of the opposite ankle. If you want more of a challenge, the foot can be moved to the inner shin or the inner thigh.

To have more of a challenge, you may want to move your arms up above your head. Hold the pose and breathe.

This is a great balancing pose to practice anytime.

Set goals.
Exercise.
Love yourself.
Focus on fitness.

Rest and relax.
Eat right.
Smile.
Portray positive.
Enjoy life.
Care for others.
Tell yourself you can do this.

Wall Sits: Hold 20 secs —work up to 60 sec

